



# WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 45 • NOVEMBER 22, 2013



## Maintainers hone skills

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# COMMENTARY

## Every Airman counts: Treating each other with dignity, respect

By Gen. Larry O. Spencer  
Air Force vice chief of staff

When I was a young Airman, in the heat of an intense intramural flag football game, a fellow Airman, who was frustrated he could not stop me from advancing the ball, yelled the "N" word out loud.

I was shocked and confused. Having been raised in southeast Washington, D.C., I was

certainly no stranger to harsh language or "trash talk." However, this was different and it literally hurt.

I thought I had left this type of behavior behind me. I was an American Airman and I didn't expect the verbal attack from a fellow Airman.

You must understand, growing up as I did, I never heard terms like dignity, respect, integrity, service or excellence. I was not a bad person and my parents taught me to respect myself and others. However, this notion of devotion to a larger purpose, to institutional values, was new to me.

The Air Force stood for something and I liked it. Those words meant I could always trust and depend on my fellow Airmen, but at that moment, those values had been violated and I felt let down.

Standing under the bright lights on the football field, I was at a loss. Then, something remarkable happened.

Several Airmen, on both teams, spoke up – forcefully. They chastised the offender and made it clear they did not approve of his outburst or attitude. The referee, who was an NCO, also stepped forward and not only dismissed him from the game, but directed him to report to his first sergeant the following day.

The next day, not only did my teammates (on both teams) go out of their way



to apologize for this single Airman's behavior, but the Airman who committed the act also personally apologized.

As an officer, some of the best experiences in my life have been the opportunities I've had to command.

As squadron commander in the midst of Operation Desert Shield and Operation Desert Storm, one of my responsibilities was making sure Airmen deployed properly and airplane loading plans were

followed precisely.

One busy night on the flightline, a young Airman approached me and said she was being harassed by several male Airmen. She went on to say this wasn't the first time the harassment had occurred. Although she said she'd usually just "grin and bear it," since we were literally preparing for war, she did not want to be distracted and wanted the behavior to stop.

Although she was not assigned to my squadron, we quickly and decisively dealt with those involved.

Several months later, I ran into the female Airman at the gym. I reminded her about her words, "grin and bear it," and asked why she usually put up with the behavior without speaking out. She explained that she so badly wanted to be part of the squadron she remained silent as not to "make waves."

Her story bothered me a lot. For a young Airman to feel like she had to "go along to get along" by accepting repulsive behavior was unacceptable to me. We were part of a premiere Air Force fighter wing gearing up for war. We had to trust each other and have each other's back.

In my way of thinking, treating each other with dignity and respect was a given – unfortunately, in her case it was not.

Dignity and respect are not just words.

Merriam Webster defines dignity as "the quality or state of being worthy, honored, or esteemed;" and respect as "a feeling or understanding that someone or something is important and should be treated in an appropriate way."

We all want to be respected by others, both as human beings and as military professionals.

During my career, I've witnessed Airmen treating others with disrespect and dishonor. As vice chief of staff, I cringe when I read reports of sexual assaults in our Air Force. I personally know the hurt of racially charged words and I have seen and witnessed the hurt associated with victims of sexual assault.

Airmen who act in this manner are not representative of the Air Force I serve and I won't tolerate it. Neither should you.

I know the vast majority of our Airmen don't act that way. They understand the importance of fostering a culture of dignity and respect and live it every day. To those Airmen, I say thank you for living up to Air Force core values and I ask you to join me in re-doubling our efforts to not tolerate those who don't live-up to those standards.

For those who cannot or will not live up to Air Force standards, I offer a simple phrase: "shape up or ship out." If we have members who won't subscribe to integrity, service and excellence, we don't want them.

We all signed up to be part of the best Air Force the world has ever seen. The Air Force didn't become the best by accident. Dedicated, committed Airmen who live by our core values each and every day made it that way.

You and I now have a sacred responsibility to not only keep us the best, but to make the Air Force even greater. It's a big responsibility, but it starts by treating everyone with dignity and respect and remembering every Airman counts.

## ON THE COVER

Ruben Pesina, 12th Flying Training Wing maintenance division aircraft mechanic, repairs a panel from a T-38 Talon aircraft during a phase inspection Monday at Joint Base San Antonio-Randolph. For the complete story, see page 4. Photo by Rich McFadden

## WINGSPREAD

Joint Base San Antonio-Randolph

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The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to randolphpublicaffairs@us.af.mil.

## COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT

The 2013 Combined Federal Campaign has been extended through Jan. 15. Below is a list of points of contact for Joint Base San Antonio.



### 502nd Air Base Wing:

1st Lt. Amanda McGowin, 221-4321

Alternate: Master Sgt. Mason Wilson, 671-6705

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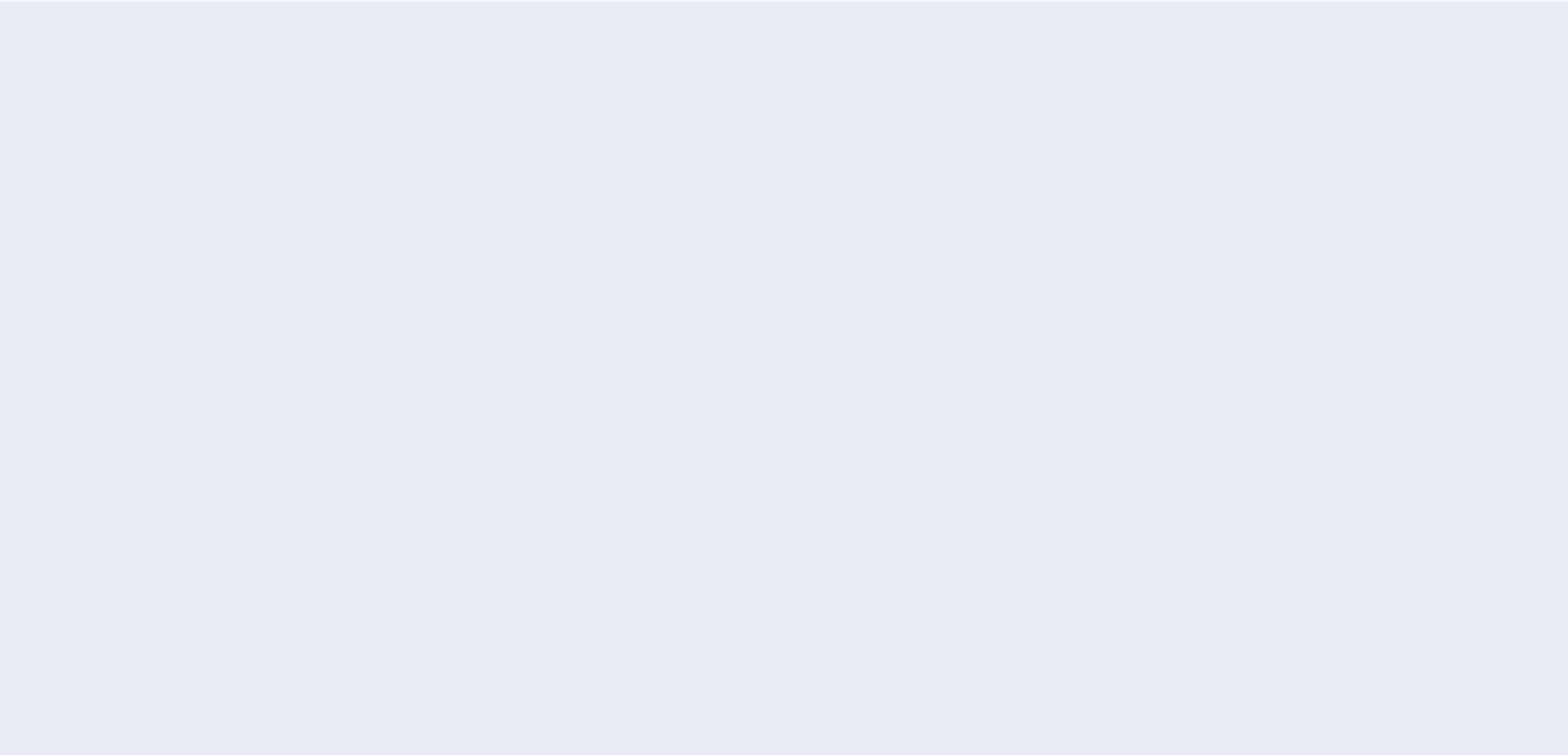
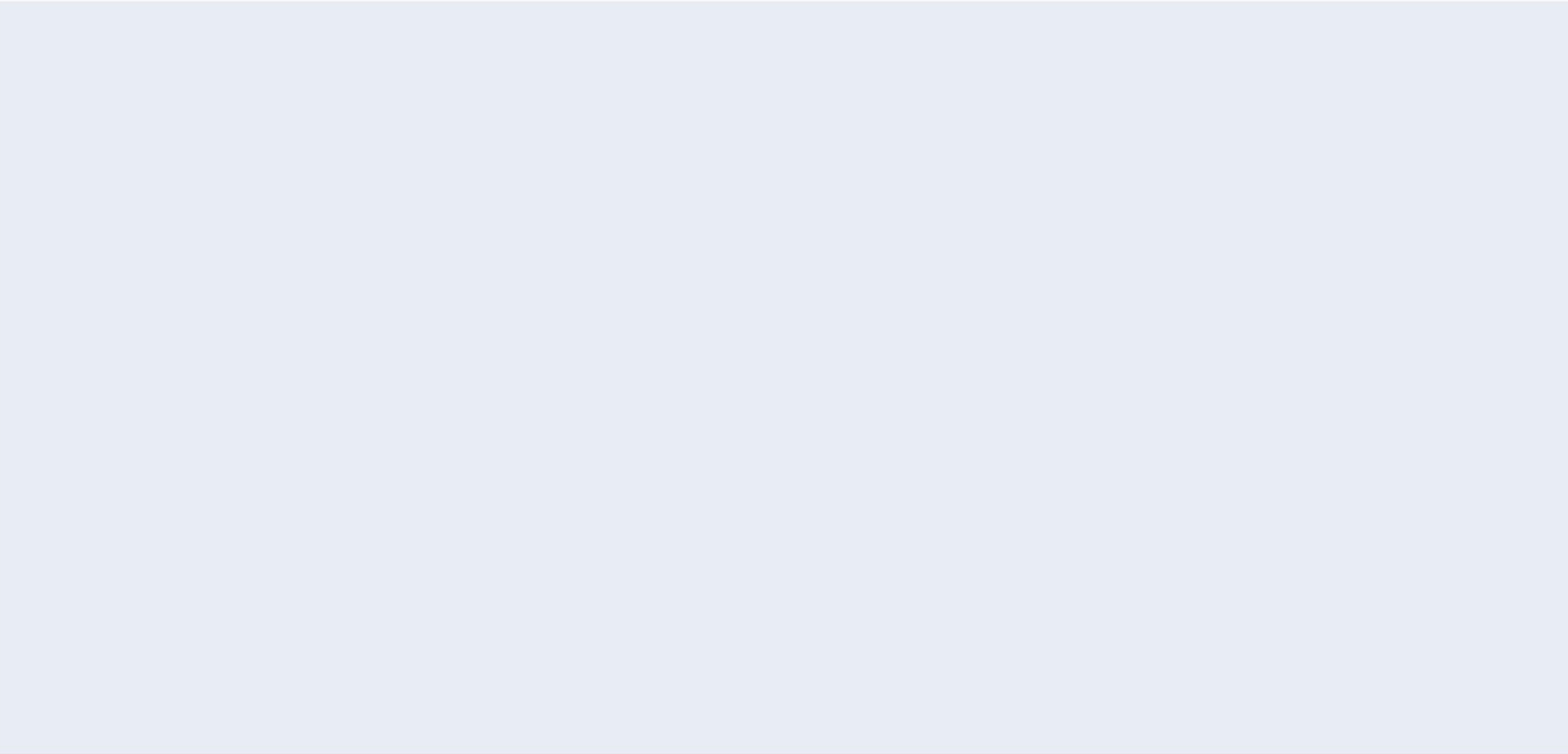
Alternate: Master Sgt. Robert Brinson, 671-5511

### 902nd MSG:

Matt Borden, 652-3797

Alternate: Master Sgt. Ennis Fowler, 652-6915

Alternate: Master Sgt. Shawn Waghorn, 652-3088



## NEWS

# Maintainer's course prepares students to eliminate preventable accidents

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

After an aircraft maintainer's death in 2004, at then-Charleston Air Force Base, S.C., the Air Force created an educational course to better ensure the safety of its uniformed and civilian maintainers. This class is called the Maintenance Resource Management Course.

The eight-hour MRM course is engineered to help maintenance crews improve their ability to identify flightline hazards, and make appropriate, decisions influenced by the safety of themselves and others.

Skills taught include: planning/preparation; communication; mutual support/teamwork; task management; situational awareness; decision making; and feedback/lessons learned.

The MRM course also uses case studies and student experiences to examine risks on the flightline and in the shop.

"During class, students are asked to predict where they believe a potential accident could occur and how the accident can be prevented," Robert



Photo by Rich McFadden

Kevin O'Dell, 12th Flying Training Wing maintenance division aircraft mechanic, repairs an engine from a T-38 Talon aircraft during a phase inspection Monday at Joint Base San Antonio-Randolph.

West, 12th FTW director of maintenance, said.

According to the Air Force Safety Center, four out of five military Class A mishaps, where loss of life or more than

\$1 million in damage occurs, involve human error. In 2013, 14 aircraft were lost across the Air Force.

"If we can reduce or eliminate human error, we can reduce mishaps,

save lives and save money," Robert Hamm, 12th FTW deputy director of maintenance, said.

"To create an environment where every employee strives to eliminate human error, we must take a fundamental look at how we accomplish our day-to-day jobs and keep workers from being put in a position where they feel it's acceptable to take a short cut to meet a production schedule," West said.

For 12th FTW technicians who maintain T-1s, T-6s and T-38s daily, the MRM class reminds them that aircraft go through a change with every modification and upgrade.

"This means complying with maintenance policies, procedures and technical orders on every repair is essential to eliminating complacency," Lloyd Teachworth, 12th FTW director of maintenance executive assistant, said.

"The best way to get the mission done is to avoid errors," Hamm said. "If we can't avoid errors, we need to learn how to trap the errors, and if we can't trap the errors, then we must work to mitigate the consequences of them."

# Air Force Medical Treatment Facilities accept MiCare registration

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

Air Force medical treatment facilities at Joint Base San Antonio locations are still accepting registrations for MiCare, which was introduced last year to expedite communications between patients and providers.

MiCare, a secure online health care messaging system, was designed to help military members and their families more easily and effectively manage their health and wellness, regardless of the location or if care is sought inside or beyond the military health system.

"This is accomplished by allowing providers to exchange information with patients by email versus over the phone or at in-person appointments," Capt. Jennifer Tomlinson, 359th Medical Support Squadron TRICARE Operations and Patient Administration Flight commander, said.

Airmen and their dependents, retirees and Reservists on orders assigned to a primary care manager are eligible



for MiCare.

Once enrolled, they can request prescription refills, book appointments, receive medical test and lab work results, obtain a copy of immunization records or ask doctors questions on non-urgent matters – all online.

To sign up, patients must fill out a MiCare registration form, turn it in to their medical treatment facility and show them their military identification card, 1st Lt. Charlene Rueben, 359th MDSS group practice manager, said.

Enrollees will then receive an email to which they must respond to complete the registration process.

According to the Air Force Medical Service website, other MiCare benefits include getting written advice that might be forgotten or misunderstood if communicated verbally, avoiding the annoyance of waiting in phone trees and playing "telephone tag," and close monitoring of health issues through confidential online communications without the inconveniences of traffic, parking or lost days at work.

For Staff Sgt. Lesley Burkett, 359th Medical Group population health office manager, MiCare also helps clinic staff members become more efficient with customer service.

"Communication between the (health care) team and patients is better," she said. "Sometimes, it's much easier for patients to send an email to providers and vice versa. Additionally, a digital record of message exchanges makes it easier for patients and providers to keep track of information."

According to the AFMS, 60 Air Force installations are listed as using MiCare. By the end of fiscal year 2013, all military treatment facilities will have received MiCare. For service members permanently changing stations, the AFMS advises eligible people to check with their health care team to see if MiCare is available at their next military treatment facility.

People can pick up registration forms at their MTF or visit <http://www.jber.af.mil/shared/media/document/AFD-101213-021.pdf>.

For more information, visit <http://www.afms.af.mil/micare/>. To sign into MiCare once enrolled, visit <https://app.relayhealth.com/security/login/default.aspx>.





# SAMHS Airmen, Soldiers give hope to homeless veterans



**Photo by Staff Sgt. Kevin Iinuma**  
Airmen from the 59th Medical Wing distributed free gear to homeless veterans Nov. 8 during the 16th annual American GI Forum Veterans Stand Down. The event was organized by the National Veterans Outreach Program and provided services and entertainment to homeless veterans in the local community.

**By Staff Sgt. Kevin Iinuma**  
59th Medical Wing Public Affairs

Airmen and Soldiers from the Wilford Hall Ambulatory Surgical Center and the San Antonio Military Medical Center volunteered Nov. 8 to help homeless veterans at the 16th annual American GI Forum Veterans Day Stand Down.

An estimated 1,000 needy veterans attended the event in downtown San Antonio, which acts as a doorway for many veterans who seek to work their way back into society and self-sufficiency.

More than 529,000 veterans are homeless at some time during the year, according to the Massachusetts Department of Veterans' Services.

Stand Downs are typically one- to three-day events providing services like food, shelter, clothing, and health screenings to homeless veterans. Other services may include Veterans Affairs and Social Security Administration benefits counseling, and referrals to a variety of other basic services like housing, employment and substance abuse treatment.

"Every veteran who has worn a U.S. military uniform and served with honor deserves a warm meal, a haircut, clean, serviceable clothes, medical care

and the opportunity to apply for benefits," said U.S. Air Force Master Sgt. Alan Weary, career assistance advisor for the 59th Medical Wing at Joint Base San Antonio-Lackland.

Veterans are twice as likely as any other Americans to become chronically homeless.

Weary said approximately 33 percent of homeless males in the United States are veterans. The number of homeless Vietnam-era veterans, both male and female, is greater than the number of service members who died during the war.

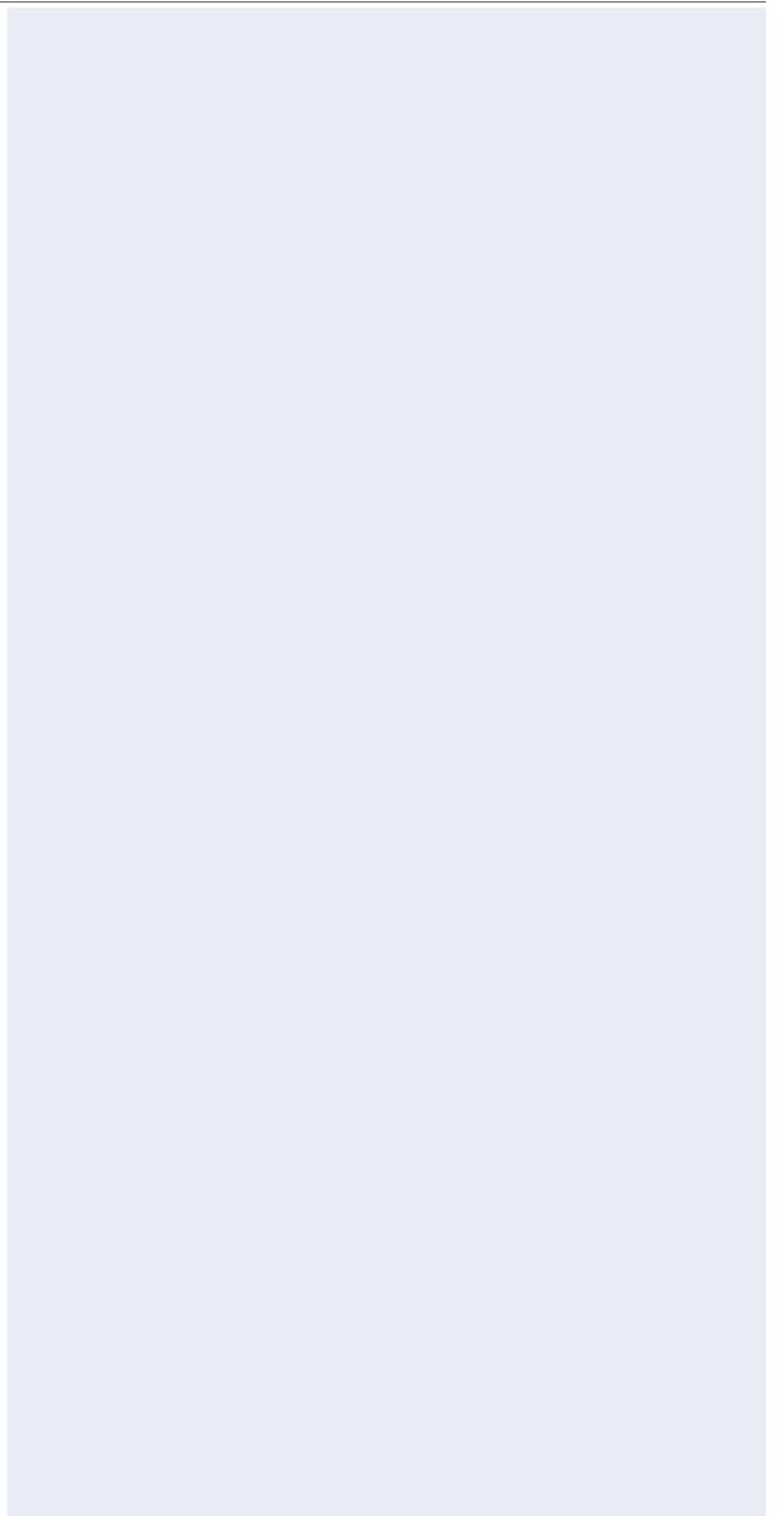
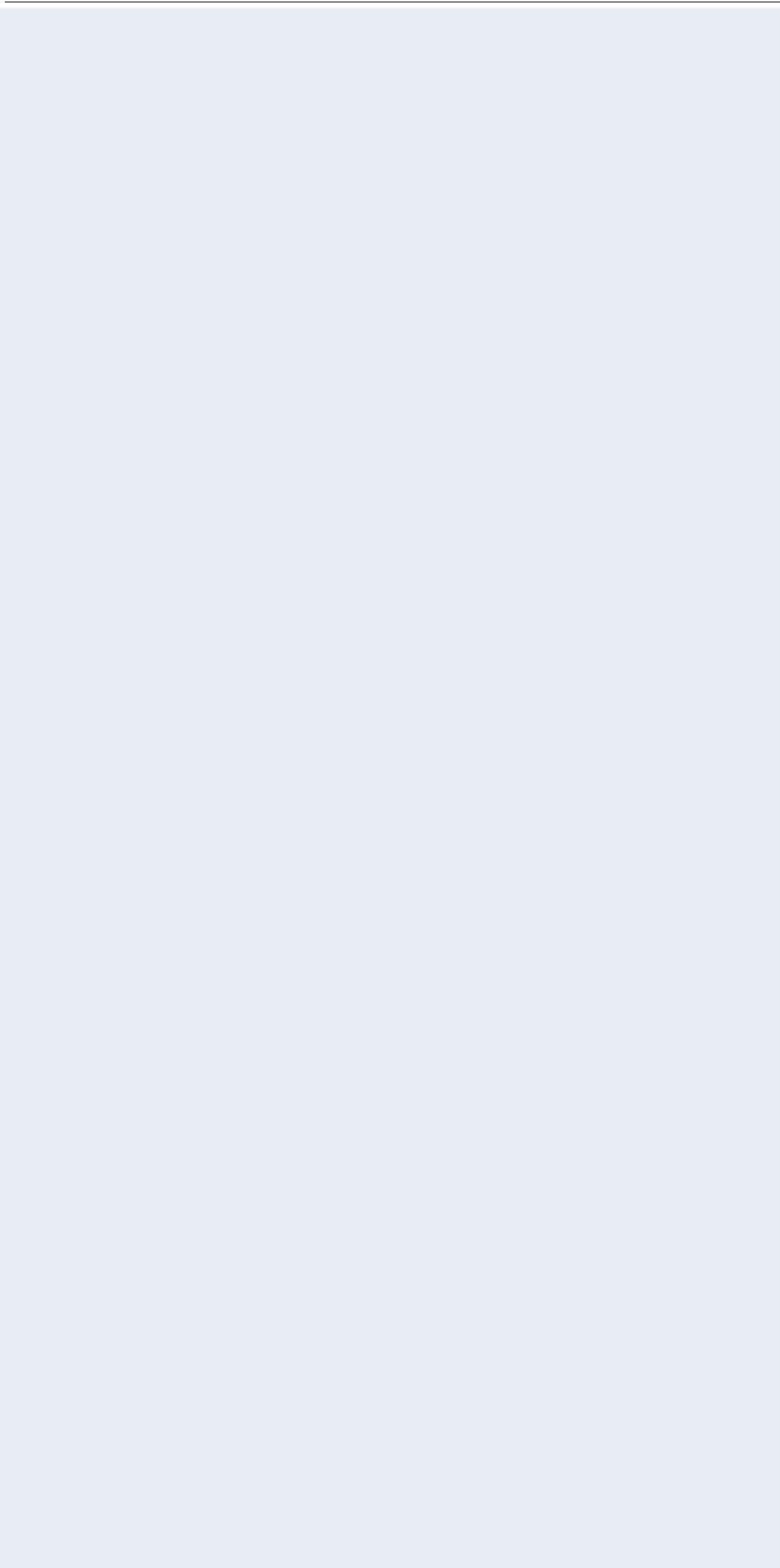
They represent 11 percent of the adult civilian population, but 26 percent of the homeless population, according to the Homeless Research Institute in 2007.

"We want to honor all veterans," said Ignacio Leija, vice president of service operations for the American GI Forum, "and these veterans are sometimes forgotten. Even though they may not have a place to stay, they still served this country."

"It is very rewarding to serve our fellows veterans and continue to pave a proud legacy that is built on integrity, service, and excellence," said Weary.

For more information on how to make a donation or volunteer your time to the American GI Forum, call at 354-4892.

**JBSA Sexual Assault Prevention, Response**  
  
To report a sexual assault, call the 24/7 Joint Base San Antonio Sexual Assault Prevention and Response Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.



## Joint Base San Antonio-Randolph News Briefs

### South gate to stop weekend hours

The Joint Base San Antonio-Randolph South Gate is scheduled to end normal Saturday hours effective Saturday. The south gate will only open for large commercial vehicles on an "as needed" basis on Saturday and Sunday. Large commercial vehicles drivers will contact the base defense operations center at 652-5700 to announce their arrival at the south gate. Drivers with on-base delivery destinations are also encouraged to contact the base defense operations center prior to arrival at south gate to expedite the entry process.

### 'Holiday in Blue' concerts

The United States Air Force Band of the West will perform its free Holiday in Blue concerts at 3 p.m. Dec. 15 and 7 p.m. Dec. 17 at the Bob Hope Theater at Joint Base San Antonio-Lackland. The concert is available for all ages. For more information contact JBSA-Randolph Information, Tickets and Travel office at 652-5640, JBSA-Lackland ITT office at 671-3133, JBSA-Fort Sam Houston Moral, Welfare and Recreation office at 808-1378 or visit <http://www.BandofTheWest.af.mil>.

### JBSA-Randolph Tree-Lighting Ceremony

Joint Base San Antonio-Randolph is schedule to host a tree-lighting ceremony 5 p.m. Dec. 5 at Washington Circle. Washington Circle will be closed to traffic starting at 3 p.m. and is scheduled to re-open by 6 p.m. Parking is available at the commissary, Exchange and housing office parking lots. For more information, contact 2nd Lt. Hillary Ince at 652-8075.

### School district seeks board of trustee members

Randolph Field Independent School District is taking resumes for three upcoming openings on the board of trustees. Deadline for resumes is Wednesday. To be eligible for the positions, incumbents must live or work at Joint Base San Antonio-Randolph. Trustees must take an official oath of office and serve without compensation. For more information or to submit a resume visit the JBSA-Randolph School Liaison Office at [randolphsc@us.af.mil](mailto:randolphsc@us.af.mil).

### ICE

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes five minutes or less to submit a comment at <http://ice.disa.mil>.



*To submit a brief for publication in the Wingspread, email all information to [randolphpublicaffairs.af.mil](mailto:randolphpublicaffairs.af.mil).*

## Joint Base San Antonio-Randolph Holiday Gate Hours

### Thursday - Thanksgiving Day

Main Gate: Open normal hours

South Gate: Closed

West Gate: Closed

East Gate: Closed

### Friday – Thanksgiving Family Day

Main Gate: Open normal hours

South Gate: Open from 6 a.m. to noon

West Gate: Closed

East Gate: Closed

# JBSA officials provide safety tips for cooking Thanksgiving dinner

• Do not overload the stovetop with too many pots and pans, and keep the area free of clutter.

• Never hold a child while cooking. If possible, keep children out of the kitchen while cooking.

• Never put a glass casserole dish on the stove or over a burner, as it could cause the container to explode.

• Remove lids from pots and pans by tilting them away from you to avoid hot steam.

• Ensure shirt sleeves are short, fitted or tightly rolled when cooking.

• If a small fire starts in a pan, grab a flame-resistant potholder and smother the fire with a lid. Do not remove the lid until the pan has cooled.

• Stay in the kitchen when frying, grilling or broiling food. If you must leave, shut off the stove.

• If you are simmering, roasting or boiling food, check it frequently.

• Keep flammable items such as oven mitts, wooden utensils, packaging or towels away from the stove.

• Always thoroughly cook food to

a safe temperature. Just because the outside looks good doesn't mean the inside temperature is high enough to kill bacteria.

• Never thaw a turkey at room temperature because this promotes the growth of dangerous bacteria; instead, thaw it in the refrigerator. Do this with the turkey still in its unopened wrapper with the breast facing up and placed on a tray. National Turkey Federation recommends one day thawing in the refrigerator for every five pounds of turkey.

• Never lower a frozen or partially thawed turkey into the hot oil as it could boil over.

• Consider avoiding the use of turkey fryers because they pose a number of safety hazards.

• Turkey fryers should always be used outdoors and away from buildings and other material that burns.

• Don't overfill a cooking pot or fryer with oil because the oil may spill out and hit the burner/flames causing a fire to engulf the entire unit.



• Be careful with marinades. Oil and water don't mix, and water causes oil to spill over, causing a fire or even an explosion hazard.

• Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible,

• Wear safety goggles to protect your eyes from oil splatter.

• Keep a fire extinguisher in the kitchen.

The National Fire Protection Association offers these tips for dealing with fires:

• In the event of a small grease fire, slide a lid over the pan and turn off the stove. Leave covered until pan has completely cooled.

• If an oven fire occurs, turn off the heat and keep the door closed.

• Never use water to extinguish a grease fire. If the fire is manageable, use an all-purpose fire extinguisher. If the fire increases, immediately call 9-1-1 for help.

*(Information provided by 502nd Air Wing Base Safety Office)*

## JBSA-Randolph holiday tour to benefit Warrior Family Fund

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

An event that benefits the families of deployed service members will again bring the joy of the holiday season to Joint Base San Antonio-Randolph.

The Randolph Community Spouses' JBSA-Randolph 2013 Holiday Tour of Homes, which allows participants to tour festively decorated historic homes, is set for noon-3 p.m. and 6-8:30 p.m. Dec. 2.

"The proceeds from the Tour of Homes go to the Warrior Family Fund, which helps fund different groups and programs that support the local families of our deployed service members throughout the year," Kristine Goodfellow, event spokeswoman, said. "Last year, the tour made \$3,974.05."

The single-family homes on the tour were built in the 1930s for company and field grade officers and are included on the National Register of Historic Places, Goodfellow said.

"Nine primary designs were used, but varied entrances, reversed floor plans and different design elements make each house unique," she said. "All of the houses were constructed of hollow-core clay brick walls with stucco exteriors. Roofs were made with five-color clay tiles. Entrances and window surrounds boast ceramic Spanish-style tiles. Hardwood floors, wrought-iron stair

railings, fireplaces and steel casement windows keep with the southwestern and Spanish influence of the architectural décor."

Goodfellow said occupants of the homes on the tour "graciously volunteered to open their houses for the night of the event.

"In the fall, the Randolph Community Spouses put out a request to find people who want to help with a good cause and who love to decorate for the holidays," she said. "Anyone living at JBSA-Randolph can participate, regardless of rank, type of home or location."

Goodfellow said most of the homes on this year's tour are different from last year.

"The Randolph Community Spouses try to change the majority of the homes every year," she said. "Doing so makes for new and interesting things to see. People who take the tour can get decorating ideas from many different styles, personalities, themes and budgets."

Tickets for the tour, payable by check, are available 8 a.m. to 5 p.m. Monday to Friday at the Hunt Housing Office, building 133, and tickets payable by check or cash can be obtained 9 a.m. to 5 p.m. Monday to Friday at JBSA-Randolph's Information, Tickets and

Tours. On the day of the event, tickets are available at the front of the Taj Mahal. Suggested "early bird" donations are \$15, while suggested donations on the day of the tour are \$20.

Donations to last year's tour were more than double the amount generated by the 2011 tour.

"The tour was successful last year due to its high participation rate," Goodfellow said. "People came together as a community to support our cause by making a donation, helping sell tickets, donating cookies, baking treats or opening their homes."

For more information, contact Goodfellow at Ladyburgkg@yahoo.com or 325-733-4727, or Cindy Gifford at cagifford4@gmail.com or 334-0304.





*"I have learned that military veterans speak a different language and have a strong bond to those that also served. If the unit they served in was the same, then the bond is even stronger."*

**Everett J. Sherwood**

*Former F-4C maintenance crew chief for the 12th Tactical Fighter Wing at Cam Ranh Bay Air Base*



Photo courtesy of  
12th Flying Training Wing

Air crew members of the 480th Tactical Fighter Wing, stand in front of an aircraft September 1970 at Phu Cat Air Base, South Vietnam.

# This week marks anniversary of tactical fighter wing's inactivation

**By Robert Goetz**

Joint Base San Antonio-Randolph Public Affairs

Forty-two years ago this week, a special event marked the end of an era for a unit with ties to the 12th Flying Training Wing at Joint Base San Antonio-Randolph.

On Nov. 17, 1971, the 12th Tactical Fighter Wing, which engaged in air-to-air missions and attacked ground targets during the Vietnam War, was inactivated at Phu Cat Air Base, South Vietnam, at a time when the United States was reducing its role in the war. The base was turned over to the South Vietnamese Air Force.

Retired Col. William Wojciechowski, who was serving as commander of the 12th TFW's 12th Headquarters Squadron, was on hand for the inactivation ceremony.

"Because of a torrential rainstorm, the ceremony was moved into one of the hangars," he said. "To the best of my recollection, there were representatives of the South Vietnamese government and the office of the U.S. ambassador to South Vietnam, a Vietnamese general officer and members of his staff, the 7th Air Force commander and members of his staff, the 12th TFW commander and staff members, and a representative from the office of the Secretary of the Air Force. There were a lot of brass floating around."

Wojciechowski, who followed 28 years in the Air Force with a 24-year career as president of Pratt Community College in Pratt, Kan., said he stayed briefly at

Phu Cat AB as one of the advisers to the South Vietnamese Air Force following the ceremony, then became executive officer to the 7th Air Force inspector general at Tan Son Nhut Air Base outside of Saigon. He was later assigned to Randolph Air Force Base, playing an important role in the formation of the Community College of the Air Force.

Wojciechowski recalled his stay at Phu Cat AB as "exciting times." Forty miles inland from the South China Sea, it was home to numerous aircraft, including the 12th TFW's F-4C Phantom IIs, and was the base of operations for air-to-air missions, bombing and strafing missions, searches and rescues and other missions.

Three years after it was activated at MacDill AFB, Fla., in 1962, the 12th TFW began its first deployment to South Vietnam at Cam Ranh Bay AB, which was located on the South China Sea southeast of Phu Cat AB.

Retired Maj. Ron Matsuda, who lives in California, flew combat missions for the 12th TFW in the backseat of an F-4 from November 1966 to September 1967.

"The 12th TFW supported the war effort by providing close air support to our allied troops in South Vietnam, interdiction missions along the Ho Chi Minh Trail in South Vietnam, Laos and the southern part of North Vietnam, air-to-air escort missions to prevent enemy aircraft from attacking our radar and communications aircraft over the Gulf of Tonkin, and escorting EB-66s as they jammed the radars of North Vietnam's surface-to-air missiles," he said.

Wojciechowski and Matsuda now belong to the 12th TFW Association, a group of former Air Force officers, enlisted personnel and civilians bound by their common experience during the Vietnam War. Wojciechowski said he has been asked to chronicle his recollections of his time with the 12th TFW at Phu Cat AB for the association's next reunion, April 23-26, in Pensacola, Fla.

The unit traces its roots back to November 1950, when the 12th Fighter-Escort Wing was activated at Turner AFB, Ga. Over the years, it was redesignated as the 12th Strategic Fighter Wing, 12th Fighter-Day Wing, 12th TFW and 12th FTW, which was activated in May 1972 at Randolph.

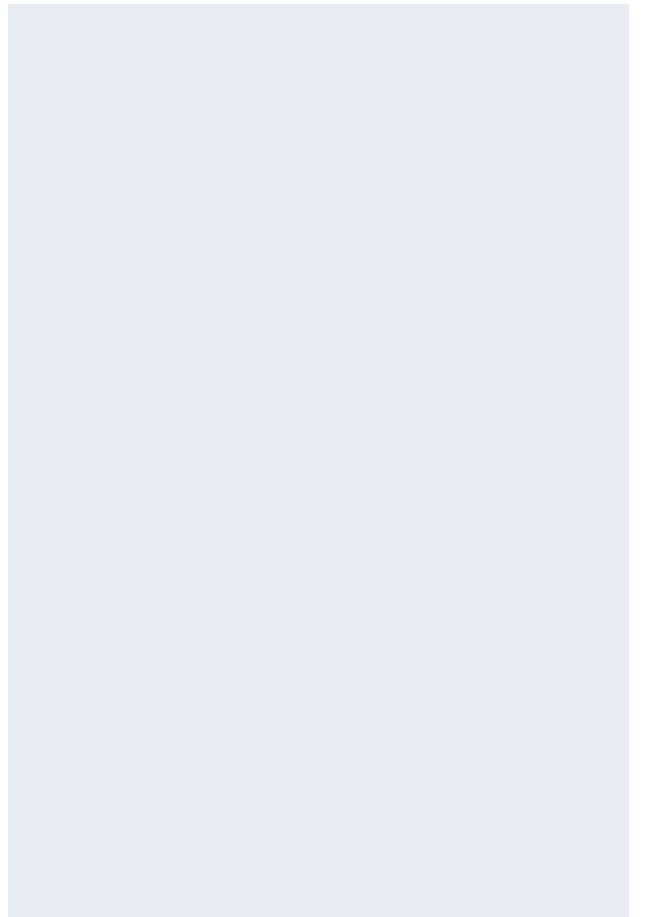
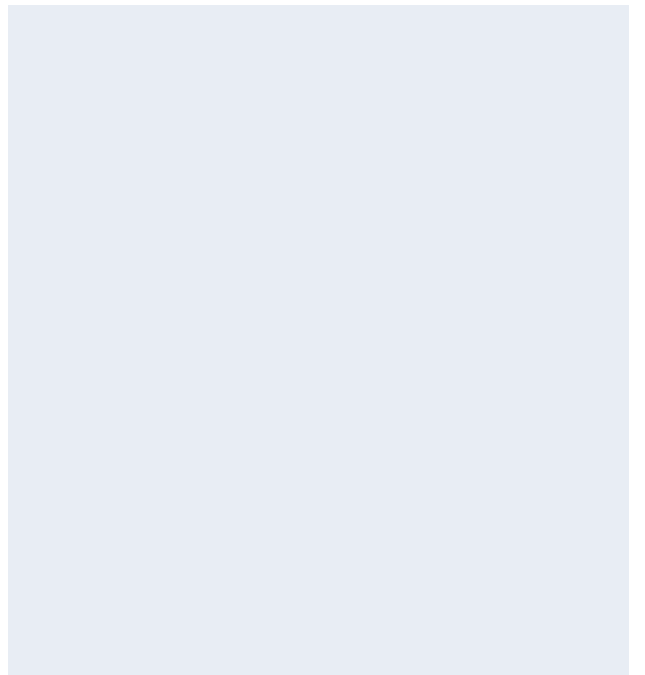
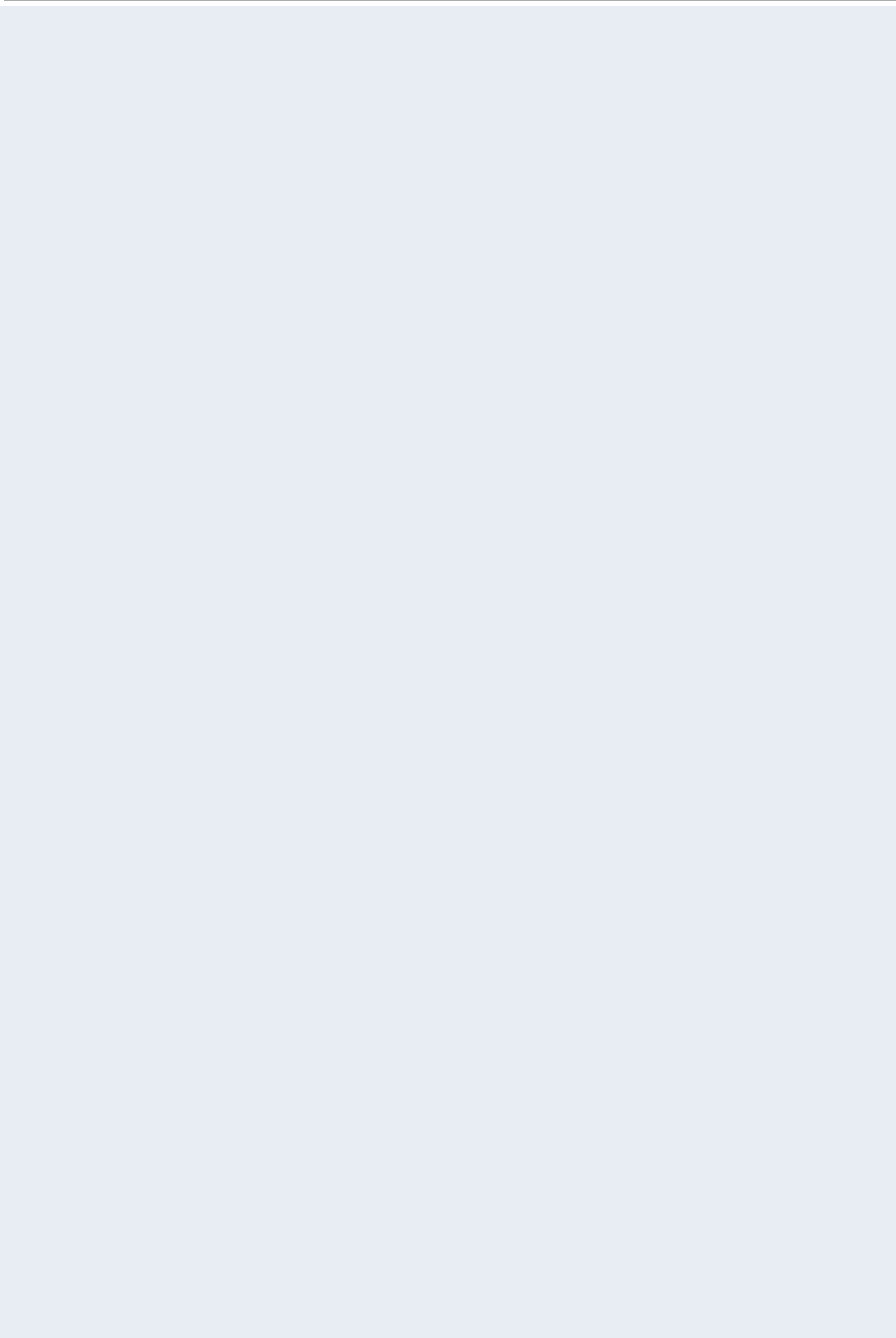
Everett J. Sherwood, a former F-4C maintenance crew chief for the 12th TFW at Cam Ranh Bay AB who now handles member communications for the association, said the reunions "create new friendships by meeting others who served with the wing, but in differing capacities.

"Belonging to the 12th TFW Association allows me to meet many others who served or supported the wing over the years and at various bases," he said. "I have learned that military veterans speak a different language and have a strong bond to those that also served. If the unit they served in was the same, then the bond is even stronger."

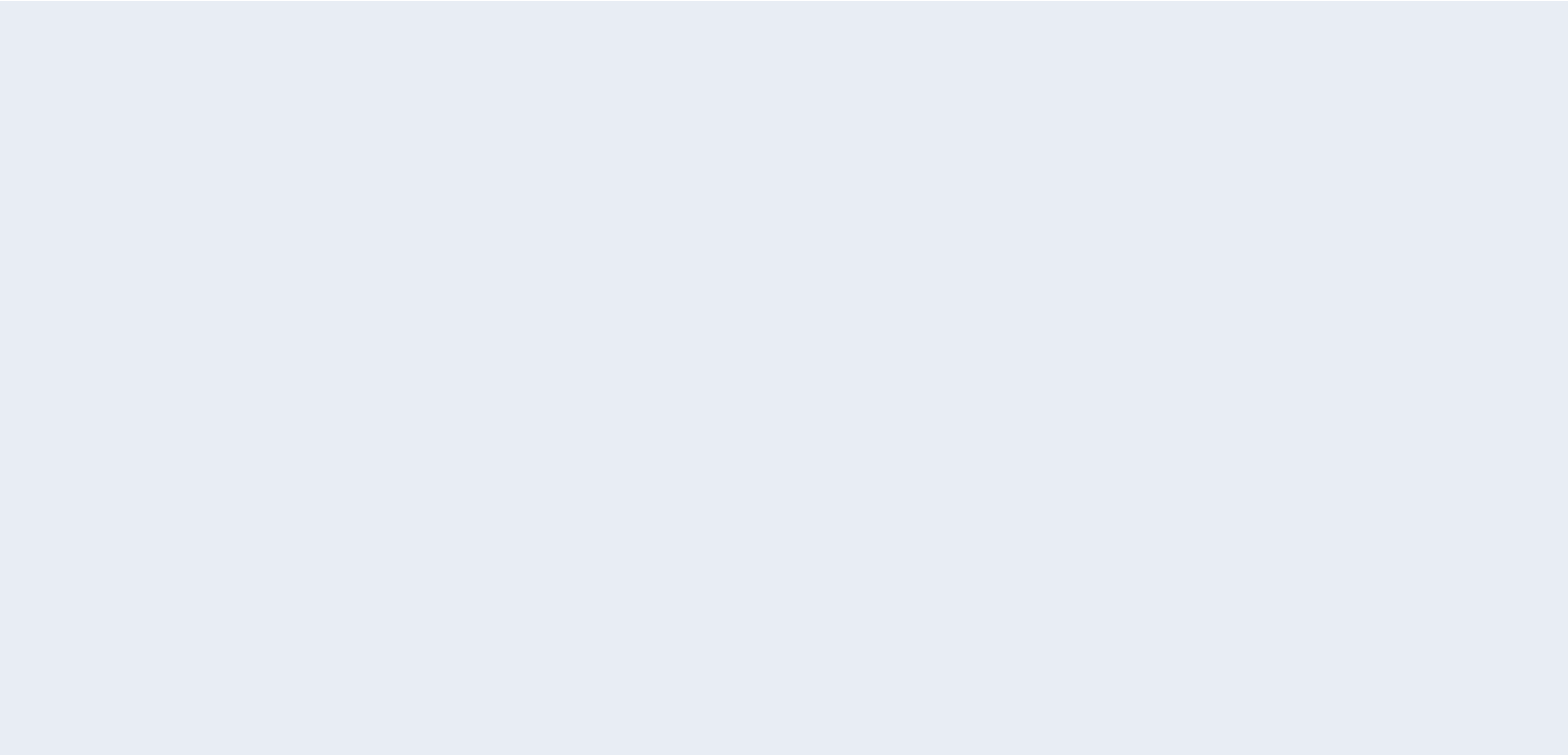
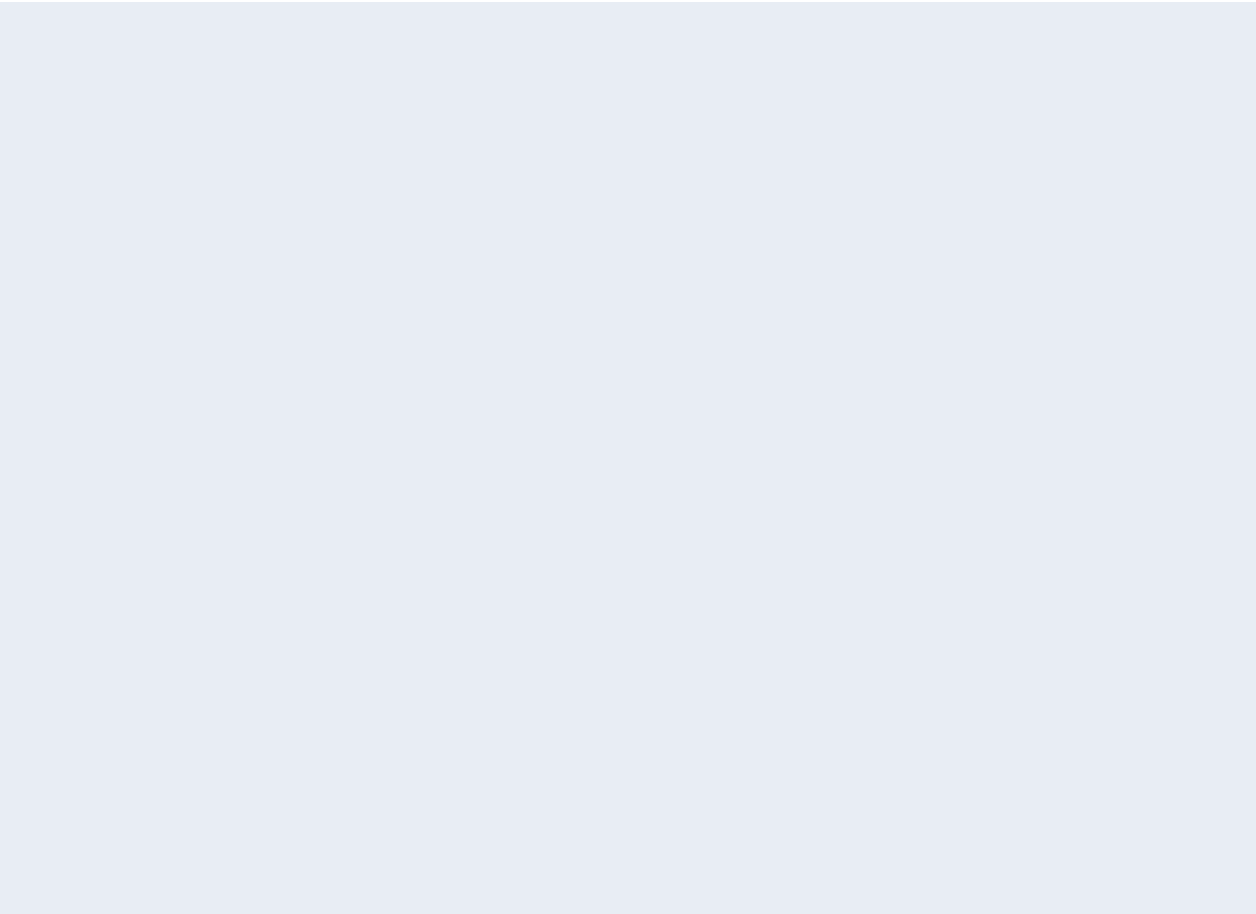
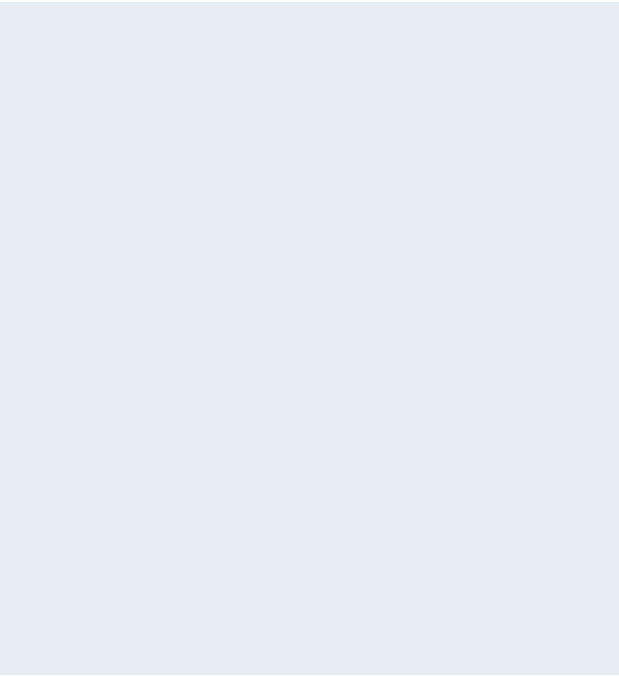
Wojciechowski said he looks forward to the association's reunions.

"They're a great bunch of guys," he said. "The reunions are always fun. There are a lot of stories and some keep getting bigger and bigger."

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# SPORTS — FITNESS — HEALTH

## Annual exams crucial for early detection of oral cancer

By Capt. Daniel Chartrand  
Joint Base San Antonio-Lackland  
Dunn Dental Clinic

Annual exams at a dental clinic begin with an oral cancer screening. Unbeknownst to many, the dentist is the first line of defense when it comes to early detection of oral cancer.

This is important given that mortality rates associated with oral cancer significantly decrease with early detection. According to Detecting Oral Cancer: A Guide for Health Care Professionals, the five-year survival rate for localized disease is 82 percent, compared to 28 percent for those whose cancer has spread to other parts of the body.

So, who is at a greater risk of getting oral cancer? There are several risk factors, which increase one's risk. According to the Cancer Treatment Center of America, 80 percent of people with oral cancer use some form of tobacco. Furthermore, 70 percent of those diagnosed with oral cancer are heavy drinkers as well. Interestingly, studies have shown that tobacco and alcohol, when combined, have a synergistic effect, which greatly increases the risk of getting mouth and throat cancer.

The incidence of oral cancer also increases with age. Statistics show that males are twice as likely to have oral cancer as females.

Additionally, sun exposure also increases the risk. It is essential to protect the lips and skin from the damaging effects of the sun's ultraviolet rays. Unfortunately, the lips are actually a common, but often overlooked, site for cancer.

What does an oral cancer screening involve? The screening involves two components: an extraoral and an intraoral examination.

The extraoral exam begins with an assessment of the face. The dentist will begin by looking for asymmetries in the face, as well as any unusual growths. The dentist will then feel both sides of the neck for any enlarged lymph nodes or unusual growths in the head and neck area. Finally, the jaw joint will be evaluated by having the patient open and close.

After the extraoral examination is complete, the dentist will then examine the soft tissues. The most common locations for oral cancer are the lips, sides of the tongue, floor of the mouth, which is underneath the tongue, the gums, and the roof of the mouth. The intraoral exam generally starts with a seven-step systematic assessment. This includes checking the outside of the lips, the inside of the lips, the inside of the cheeks, the gums adjacent to the teeth, the tongue, the floor of the mouth, and the roof of the mouth.

All patients are encouraged to perform this same type of examination on their own. By using a mirror, patients can look for soft tissue changes that do not look like surrounding tissue. It is important to note white or red lesions, mixed white/red lesions, and blue- or black-colored lesions. They should be evaluated by a dentist.

Other signs and symptoms to be aware of include: a thickening in the oral hard or soft tissues, soreness or the feeling of a lump in the throat, difficulty chewing



Photo by Staff Sgt. Kevin Iinuma

U.S. Air Force Capt. Riley Adams, 59th Dental Squadron general dentist, examines Senior Airman Sherree Skeens, 59th DS dentist assistant, during her annual dental check-up Oct. 31 at the Dunn Dental Clinic on Joint Base San Antonio-Lackland.

or swallowing, ear pain, difficulty moving the jaw or tongue, hoarseness, numbness of the tongue or jaw, or swelling of the jaw. If there

are any questions or concerns about any tissues changes in your mouth, contact your general dentist for further evaluation.

Joint Base San Antonio-Randolph

## Sports BRIEFS

### Holiday tournament

The JBSA-Randolph Bowling Center will host a Thanksgiving tournament 7 p.m. Wednesday. The tournament will be a four-game singles format with handicap and scratch divisions. The cost is \$25 and prizes will be awarded. For more information, call 652-6271.

### Bowling specials

The JBSA-Randolph Bowling Center will celebrate Thanksgiving weekend with two special bowling rate packages.

- Bowl for \$2.50 (excluding Cosmic Bowling) per game, per person with \$2.35 shoe rental anytime during operating hours Thursday through Nov. 30.
- Rent a lane for two hours for only \$40, which includes bowling for two hours, a 16-ounce soda each and a large pizza (does not include rental shoes). For more information, call 652-6271.

### JBSA-Camp Bullis

• Big game archery (white-tail deer) and turkey hunting is open at JBSA-Camp Bullis until Jan. 5. All DOD ID card holders are welcome to participate. For more information, call 295-7577.

• The JBSA-Camp Bullis Archery Range is open Thursday-Monday, 8 a.m. to 4 p.m. Targets which range from 10-60 yards are available and the cost is \$3 for a daily pass or \$20 for an annual pass. For more information, call 295-7577.

## Joint Base San Antonio-Randolph Rambler Fitness Center Holiday Hours

Thursday — 8 a.m. — 4 p.m.; Nov. 29 — 8 a.m. — 4 p.m.; Nov. 30 — 8 a.m. — 4 p.m.; Dec. 1 — noon — 5 p.m

## Water Conservation Tips

- Encourage school systems and local governments to develop and promote a water conservation ethic among children and adults.
- Teach family members how to shut off automatic watering systems. Turn sprinklers off if the system is malfunctioning or when a storm is approaching.
- Set a kitchen timer when watering the lawn or garden with a hose.
- Make sure toilet flappers don't stick after flushing
- Make sure there are aerators on all faucets.

*(Source: 502nd Civil Engineer Squadron)*



## San Antonio families can open their homes to JBSA students, trainees

Looking to share the bounty of your Thanksgiving table this year by setting a couple of extra places for Soldiers or Airmen far from home? Thousands of students assigned to the Army Medical Department Center and School and Air Force basic trainees and students are away from home for the first time during the holidays.

Thanks to a pair of Joint Base San Antonio programs – Mission Thanksgiving and Operation Homecooking – San Antonio residents can share their family traditions and welcome two service members into their homes for the holiday meal.

On the Army side, Mission Thanksgiving offers the chance for families to welcome two Soldiers to their home for Thanksgiving dinner Nov. 28. Those interested can call 221-3218 from 8-11:30 a.m. and 1-5 p.m. Monday through Friday or send an email to [usarmy.jbsa.medcom-ameddcs.mbx.mission-thanksgiving@mail.mil](mailto:usarmy.jbsa.medcom-ameddcs.mbx.mission-thanksgiving@mail.mil).

At Joint Base San Antonio-Lackland, Operation

Homecooking, now in its 38th year, gives local families the opportunity to welcome two trainees or students into their homes for the holiday meal. To participate, call 671-5453/5454/3701 weekdays from 8 a.m. to 3 p.m. through Nov. 27. Families without a reservation cannot show up on Thanksgiving Day to pick up service members.

Hosts must pick them up at the Basic Military Training Reception Center, building 7246. All basic trainees and students must be back to their respective squadrons by 7 p.m. Thanksgiving night.

